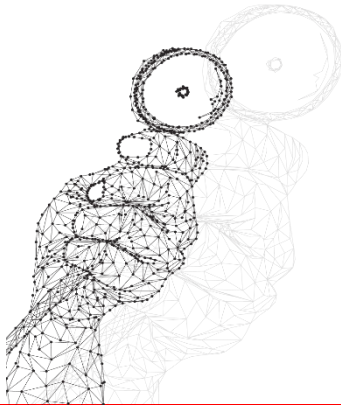


# TASHKHEES



**A HANDBOOK ON  
DISEASES AWARENESS**

**ISBN 978-627-7593-01-8**

**Authors**

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Dr. Ahmad Sajjad**

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# Foreword



There is enormous responsibility that comes with being the Director of the Emergency and Trauma Center, but there is a greater privilege as well. This privilege does not take the name of high status or wealth, rather this privilege resides in the essence of being the immediate supervisor of my team. Assessing my team members' competency and performance throughout the year and overseeing their academic activities and day to day management of patients, I have had first-hand insight on progressive human development. I have seen brilliant minds striving to utilize their raging potential and molding it into wisdom. I have seen capability and hard work being fashioned into achievements. But most importantly, I have seen Dr. Zulfiqar Ali & Dr. Ahmad Sajjad prosper.

I like to believe that Pakistan has birthed many stars capable of illuminating and shining on for ages and Dr. Zulfiqar Ali & Dr. Ahmad Sajjad are very few of them. Their brilliance shines with such intensity

and ferocity, luminous against the stark darkness. Their presence fills the room, mind speaks eloquently, and their character soaks in humility. Their perpetual efforts and exceptional prowess have given way to the creation of a book, *Tashkhees*. *Tashkhees* serves to raise awareness and provide useful medical information on recurrent complaints and typical ailments men and women find themselves victims to. It informs the recipients about a particular disease, when to call in emergency help if and when needed, circumstances on when to see a doctor, and the types of investigations and initial treatment available for the particular disease.

Being an academician, I fully comprehend the importance of this book finding home within the minds of non- medicine experts. *Tashkhees* extends the power and basic knowledge of healing and medicine to everyone who is not a doctor. It confers upon them the responsibility of being the warden of their own well-being. It offers them an opportunity to understand the things that vex the human body and offers them guidance- in the simplest of words- on how to bring back ease.

The faith I have in the work of Dr. Zulfiqar & Dr. Ahmad Sajjad is profoundly strong and knows no end. Henceforth, I am certain that *Tashkhees* will benefit humanity as “Gaining knowledge, is the first step to wisdom. Sharing it, is the first step to humanity.”

### **Moin Fikree, MD**

Clinical Director, Emergency & Trauma Center  
Rashid, Hospital, Dubai

# Preface

As man develops, so do the diseases that risk stable health, but most importantly, so does man's ability to fight and triumph over them. *Tashkhees* dives into the surface of common diseases man falls victim to, symptoms or manifestations that follow through, and helps to raise the alarm on emergency situations and circumstances where doctor's aid is a necessity. This book is a compilation of medicinal information on every day ailments and common complaints, providing the knowledge base for a comprehensive outlook and understanding on ways to tackle them through the initial treatments available. *Tashkhees* presents the basic awareness to avoid the risk of medicinal malpractice by ordinary masses arisen due to preconceived opinions and notions on what disease a symptom might indicate.

The purpose of this book is clear and explicit: to inform. Informative books on health issues are usually discriminatory - written to be interpreted solely by medicine practitioners. *Tashkhees* is written otherwise. The authors of this book have gone beyond medicinal terminology and have employed the most basic language that can be construed by almost anyone. In essence, this book is a handbook for everybody. After all, the nature of healing is in the art of understanding, where each brush stroke is dipped in clear facts that paints a picture for every human.

With 305 diseases and common complaints presented to browse through, there are 5 basic frequently asked questions answered for each of them:

- What is it?

- What causes it?
- Is it an emergency?
- What are the home remedies?
- When do I see a doctor?

The answers acquired through these questions will stimulate a better understanding of the situation and will present guidance on how to proceed forward.

The relationship between doctors and patients is simple: the doctor is active; the patient is passive. While the patient presents their injuries, doctors observe, determine and tend to. I wrote this book to flip the tables. I wrote this book so that patients can take it upon themselves to observe, determine -and if possible- tend to their own wounds. I wish for every patient to acquire the knowledge - the basic rules of survival- to be able to be conscious about the workings of their bodies, what causes it pain and what irks it. With very limited medicinal books in basic and simple phraseology, and even less so in languages that are not English, I hope that this book lends a helping hand to those in need.

**Dr. Zulfiqar Ali,**

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A&E, EMDM, PgD Diabetes  
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# About Authors

## Dr Zulfiqar Ali



Dr Zulfiqar Ali is a renowned Consultant Physician based in Dubai, United Arab Emirates for about 20 years. He completed his Fellowship from Ireland and has special interest in Diabetes. Dr Ali performs his clinical duties at Rashid Hospital Dubai and is part of the teaching faculty at Dubai Medical College as well as visiting faculty as Professor of Medicine at Sialkot Medical College. Many of his research articles have been published in various local and international journals. He is actively involved in teaching at both undergraduates and postgraduate levels. His personal academic courses and workshops e.g., Advanced ECG, Pearls of Clinical Diabetes, Clinical Toxicology, Emergency Pharmacology, Emergency Radiology etc. are a regular feature of Dubai Health Authority's MED training schedule. He has been a part of the regional faculty for American Heart Association (2010 - 2016) and contributed significantly in



establishing a life support training network in Pakistan. He was also the founding member of the Medical Wing of Pakistan Association Dubai in 2008.

## **Dr. Ahmad Sajjad Ashraf**



Dr. Ahmad Sajjad Ashraf is currently working as Senior Specialist in Internal Medicine and Emergency Department, Rashid Hospital Dubai under Dubai Health Authority (DHA) for the last 15 years. He has done his Fellowships from Royal College of Physicians Edinburgh UK (FRCP) and College of Physicians and Surgeons Pakistan (FCPS - Medicine). Dr. Ahmad is actively involved in teaching and training both undergraduates and post graduate physicians. He has Research, Publications and a number of papers to his name. There are many CME activities both within and outside the Department that he is involved including having Instructor status in Advanced ECG course,

Emergency Pharmacology Course and Toxicology courses by Dubai Health Authority (DHA). He is also a Clinical Faculty Member for Dubai Medical College for Girls. Dr. Ahmad is doing a lot of welfare work for all Nationalities and people of the community, through Pakistan Association of Dubai (PAD) as an active member, arranging Free Medical Camps and charity food packages in Ramadan each year. Dr. Ahmad is an excellent physician with very good Clinical and Humanistic skills.

## Co-Authors & Contributors

### Saba Malik



Miss Saba Malik is a young researcher and entrepreneur of 21<sup>st</sup> century. Many of her research articles have been published in various local and international journals. She has done her post-graduation from “University of Agriculture, Faisalabad”. She is founder and CEO of IJSmart publishing company and successfully conducted more than 100 projects.

She herself is an author of published book “Earthworm a wonderful organism for heavy metal”, and contributor in several books with titles: “Pearls of Clinical ECG, and Pearls of Clinical Diabetes” She is actively involved in research and working on many new projects related to Corona, diabetes, FATA women’s, insecticides, pesticides, and quails. She has expertise in (toxicology, environmentology, zoology, evolution, and social sciences). Miss Malik is a highly accomplished individual and UAF is so proud of her achievements and wish her every success in all his future endeavors. She is very thankful to her mother, because her mother always supports and motivates her to achieve the best.

# Tariq Habib

**Corporate Growth Entrepreneur  
and Technology Visionary**



Growth focused, technology executive with proven international leadership experiences in developing and executing innovative strategies for growth. Uniquely successful in creating high business impact while working at the intersection of commercial imperatives and strategic technology innovations.

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